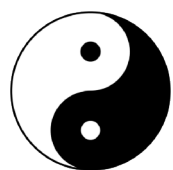


## Discover the Secrets of Chinese Health Balls

The LightHeart Center  
Sunday, January 28<sup>th</sup> 1:00-4:00pm  
See page 6 for registration

Reduce your risk of carpal tunnel, repetitive stress, trigger finger, arthritis, rheumatism and many hand related issues.



# COMPLEMENTARY

## Spring 2018 HEALTH & EXERCISE

Your reliable source for information on complementary forms of health and exercise

Volume 12, number 1

[www.7StarsMA.com](http://www.7StarsMA.com)

Circulation: 500+

# A Brazilian shaman reveals the dark side of positive thinking

Have you ever been told you just need to think positive and your problems will go away?

Or that to achieve what you want in your life, all you need to do is visualize it and it will end up appearing?

It's an approach to life that's been popular for decades thanks to books like *Think and Grow Rich* and *How to Win Friends and Influence People*.

Continued on page 10

### INSIDE THIS ISSUE

- 4 Napping
- 5 8 Worldly Concerns
- 14 Sleeping on Your Left Side
- 16 Positive Psychology

Full class schedules and more!

# Live in the present moment

The idea of trying to focus on one thing at a time can seem impossible for some people; and in fact, it is impossible for some people. With more and more people suffering from attention deficit disorders, busy demands on their lives at work, more responsibilities than ever on the home front, and bills constantly piling up, it's a wonder anyone can get anything done to completion.

Continued on page 8

### FEATURES

• 3 Notebook • 9 & 12 Tai Chi class schedules • 18 Events • 19 Calendar

# Holistic Ceremonies

## Created just for you

Weddings, vow renewals, blessings, commitment ceremonies & more

We can assist you in creating a ceremony that truly reflects and expresses your beliefs and commitments to one another. Traditional, civil, unity sand & candle, hand-fasting and Celtic ceremonies are available. We can legally preside over your wedding ceremony after you have obtained a valid license from the county.

### Naming ceremonies & blessings

Honoring a new or change of name is an important moment in our lives; a time to present the new individual to the community; ensuring that they are a part of something greater, placing them under the protection of those present.

### House clearings & blessings

We can cleanse your dwelling, room or possessions of negative or stagnant energies and dedicate them to your own spiritual needs, creating a sacred space filled with peace, harmony and healthy positive energy mirroring who you are.

### Rites Of Passage

There are many rites of passage we go through in life such as divorce, baptism or adolescence into adulthood. We can help honor your rite of passage by creating a special ceremony honoring your transition.

All our ceremonies are individually designed to reflect your spiritual beliefs, wishes and intentions; to create an occasion as truly unique as you are.

**Contact Reverend John**

**630 229 4434**

**John@HolisticCeremonies.com**

**www.HolisticCeremonies.com**



# Complementary Health & Exercise

## Spring 2018

Editor & publisher - John Robertson



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Seven Stars  
Martial Arts



630 229 4434 John@7StarsMA.com

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## The Wisdom of Confucious

**"The superior man is modest  
in his speech, but exceeds  
in his actions."**

## Editor's Notebook

Welcome to 2018! Sometimes it is hard to believe how fast time appears to move. One minute you are thinking -I'll go and check this out when the weather gets better- and then all of a sudden the weather is getting worse as autumn turns to winter. There is however one way you can reduce this happening. As time is but a perception when we are busy time seems to fly by, by doing less and doing it slower with more attention we can change that perception and slow down time.

January 8<sup>th</sup> sees the official launch of our first book *Arm Swinging Qigong*. The first book in a series called *Ancient Therapies for a Modern World*, covering lesser known Qigong exercises. This is available to purchase in class from your instructor or online at [www.FingerAtTheMoon.com](http://www.FingerAtTheMoon.com).

All our classes re-start after the holiday season the week beginning January 8<sup>th</sup>, we hope to see everyone back in class. After a great start to our new class at The Theosophical Society in autumn of 2017 the class continues in 2018 and has been extended to 90 minutes.

We also have lots of seminar classes coming up this spring, so make sure you take advantage of those.

Also remember to mark your calendar for the special events we have through the year including; Chinese New year on February 16<sup>th</sup> and our Annual dinner on December 5<sup>th</sup>. After the success of our Summer Day out in 2017 we will be repeating it again this year, keep and eye out for the date on that!

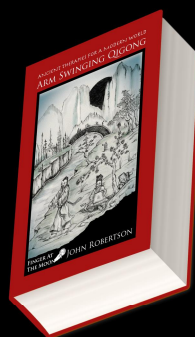
We will also be hosting classes at the Destination Asia fest at The Morton Arboretum on August 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>. Make sure you can come along to those!

*John Robertson*  
*"He lives most life whoever  
breathes most air"*

## FINGER AT THE MOON PUBLISHING PRESENTS

### ARM SWINGING QIGONG

BY JOHN ROBERTSON



The first book in the  
Ancient Therapies  
for a Modern World  
series describes one  
of simplest, and  
yet most effective  
exercises you can do!

## ANCIENT THERAPIES FOR A MODERN WORLD

FINGER AT THE MOON PUBLISHING  
[WWW.FINGERATTHEMOON.COM](http://WWW.FINGERATTHEMOON.COM)  
[JOHN@FINGERATTHEMOON.COM](mailto:JOHN@FINGERATTHEMOON.COM) 630-229-4434



## Napping Can Dramatically Increase Learning, Memory, Awareness, and More

Many Europeans believe in the benefits of napping so much that they shut down in the afternoon to allow everyone to take a quick power nap, recharge, and come back to work.

Unfortunately, this isn't the case in the U.S. where a mid-day nap is not only a luxury, but often times is perceived as downright laziness.

If you're among those who enjoy the occasional mid-day snooze, you should continue the habit as studies have shown that it's a normal and integral part of the circadian (sleep-wake cycle) rhythm.

Studies have shown that short naps can improve awareness and productivity. You don't need much; just 15 to 20 minutes can make a world of difference. According to a study from the University of Colorado Boulder discovered that children who didn't take their afternoon nap didn't display much joy and interest, had a higher level of anxiety, and lower problem solving skills compared to other children who napped regularly.

The same goes for adults as well. Researchers with Berkeley found that adults who regularly take advantage of an afternoon nap have a better learning ability and improved memory function. Why is napping so essential? Because it gives your brain a reboot, where

the short-term memory is cleared out and our brain becomes refreshed with new defragged space.

### How long should you nap?

According to experts, 10 to 20 minutes is quite enough to refresh your mind and increase your energy and alertness. The sleep isn't as deep as longer naps and you're able to get right back at your day immediately after waking up. If you nap for 30 minutes you may deal with a 30-minute grogginess period because you wake up just as your body started entering a deeper stage of sleep. The same can be said if you sleep for an hour, but on the other hand, these 60-minute naps provide an excellent memory boost. The longest naps—lasting about 90 minutes—are recommended for those people who just don't get enough sleep at night. Since it's a complete sleep cycle, it can improve emotional memory and creativity.

There you have it—naps are good for your physical and mental well being so you should practice them as much as you can. However, be advised that you shouldn't sacrifice nighttime sleeping for an afternoon nap, they should be an addition to a good night sleep.

March 5, 2017 <http://www.thinkinghumanity.com>



# THE 8 WORLDLY CONCERNS

BY LION'S ROAR STAFF | NOVEMBER 2, 2016

The eight worldly concerns classify the attachments and aversions that yoke us to samsara, the cycle of suffering. They are the four hopes and corresponding four fears, which we cycle through endlessly until, that is, we discover enlightenment (which includes liberation from the eight worldly concerns).

This list is from the Indian philosopher Nagarjuna, with comments by Buddhist teacher Judy Lief:

## 1 & 2: Happiness vs. Suffering

Once we have happiness, fear arises, for we are afraid to lose it. When suffering arises, no amount of wishful thinking makes it go away. The more we hope for it to be otherwise, the more pain we feel.

## 3 & 4: Fame vs. Insignificance

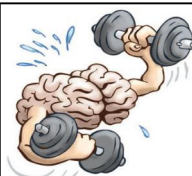
We are obsessed with fame and afraid of our own insignificance. When it dawns on us how hard we need to work to be seen as someone special, our fear of insignificance is only magnified.

## 5 & 6: Praise vs. Blame

We need to be pumped up constantly or we begin to have doubts about our worth. When we are not searching for praise, we are busy trying to cover up our mistakes so we don't get caught.

## 7 & 8: Gain vs. Loss

Just as we are about to congratulate ourselves on our success, the bottom falls out. Over and over, things are hopeful one moment and the next they are not, and in either case we are anxious.



## Exercise for Mental Muscle

Using exercises based on the principles of Tai Chi, Reflexology and Oriental Medicine we can stimulate the brain to learn & grow.

Scientific studies have shown that physical exercise can stimulate the growth of new brain cells and improve memory and the ability to learn.

Suitable for all ages & abilities, participants may choose to sit or stand as needed.

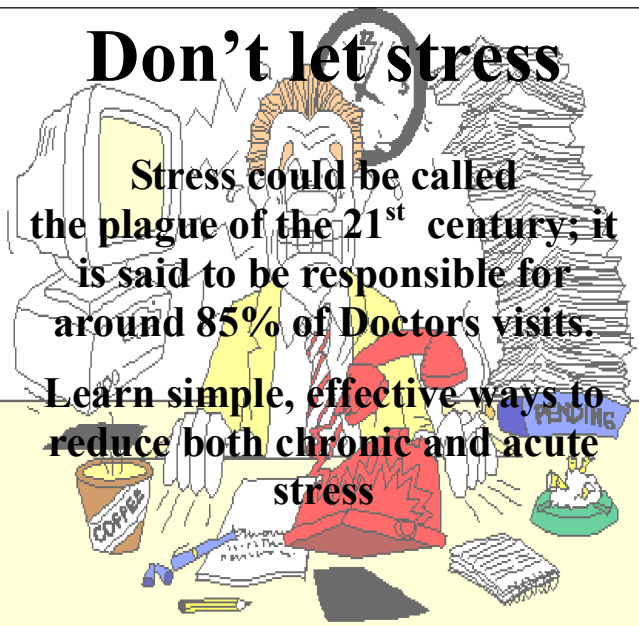
January 10<sup>th</sup> ~ 6:00pm



## Don't let stress

Stress could be called the plague of the 21<sup>st</sup> century; it is said to be responsible for around 85% of Doctors visits.

Learn simple, effective ways to reduce both chronic and acute stress



Feb 17<sup>th</sup> ~ 10:00am-4:00pm





## Eight Pieces of Brocade

Practiced by martial artists, Traditional Chinese Doctors & common people for 1,000 years; learn one of the most important Qigong exercise systems there is.

January 28<sup>th</sup> ~ 9:00am-noon

**The Lighthouse Center**

0S165 Church Street, Winfield, IL 60190

Call 630 229 4434 [www.7StarsMA.com](http://www.7StarsMA.com)



## Discover the secrets of Chinese Health Balls

Their use can reduce your risk of arthritis, tendonitis, carpal tunnel, rheumatism, repetitive stress injury, dementia & Alzheimer's.

They can help reduce stress, aid relaxation and help prolong life.

January 28<sup>th</sup> ~ 1:00 - 4:00pm

**The Lighthouse Center**

165 S. Church Street, Winfield, IL 60190

Call 630 229 4434 [www.7StarsMA.com](http://www.7StarsMA.com)

## The Tipping Point of Tai Ji and Qigong Practice Haven't You Learned It Yet?

Renee Somer Ryan

Beloved Tai Chi Teacher, H. H. Lui would say, "Tai Chi is not a weekend or do as you please commitment. In order to reap the benefits, one must practice daily. If you miss one day, you know it. If you miss two days, your teacher knows it. If you miss three days the whole world knows it. No practice. No breakfast."

You might ask how much should I practice? Depends on what your goal is. A class once a week might be fun, but it is not enough to improve or benefit. You will reap benefits with 10 to 20 minutes a day. You have gone to many classes. You studied with many teachers. Your family asks, "Haven't You Learned It Yet?" You have practiced many days and nights.

However if you really want to stand out - 10,000 hours.

Malcolm Gladwell's book, *Outliers: The Story of Success* you need 10,000 hours to be a phenomena. Case in point the Beatles. They honed their music and performance in Hamburg, Germany. Practicing to be so freakishly awesome, to be such a standout among your peers, that sometimes your first name is enough to tell people who you are: Peyton. Tiger. Venus. Kobe. Oprah.

This is not that difficult if you practice like animals do. Do a stretch throughout the day. Do your Tai Ji breathing and contemplate when you're stopped by a stop light or a train, while you are waiting in line. Balance on one foot while brushing your teeth, or putting on your socks. Do some stretches while you're using the rest room. Many of the movements require very little space. Stand on your toes while waiting in line. You might not remember all the moves at first. Do what you remember.

When you are learning a new form practice what you remember or follow a video. Get together with another person to practice with. Refine your practice when you are with your teacher.

Change your focus. One day focus on your feet and feeling grounded. Another day focus on moving with flow.

Remember the best Tai Ji and Qigong is the Tai Ji you do!



Learn to use your own healing abilities

# Reiki

We all have innate healing abilities. In this class you will learn to tap into that inner wisdom; and using the natural energy of the universe help yourself and your family heal.

This energy can help you to re-establish balance and harmony on the physical, mental, emotional, and spiritual planes so that the natural function of your body is restored and its ability to heal itself is activated.

This is a hands-on workshop under the guidance of a Reiki Master Teacher and Qigong Instructor.

Register early ~ class is limited to 6 participants!



## Level 1

Sunday, January 21<sup>st</sup>  
9:00am - 5:00pm

Our Reiki Student course teaches you all the basic principles of Reiki: Natural Energy Healing!

Helping you to harness the energy of the universe

All for only \$157!

## Level 2

Sunday, February 18<sup>th</sup>  
9:00am - 5:00pm

Take your practice to a higher level and begin to work with the public! Enroll in our Reiki Practitioner course (1 & 2) for only \$297 ~ save \$57! Plus! get a laminated hand position and a symbols chart free!

## Level 3

Sunday, March 25<sup>th</sup>  
9:00am - 5:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ get a laminated hand position chart, 2 laminated symbols charts, a session CD, & a Reiki for Dummies book free ~ a total saving of \$158!



七星  
武  
道

The Lighthouse Center, 0 S 165 Church Street, Winfield

Call 630 229 4434 or register online at:

[www.7StarsMA.com/Metaphysicsclasses/Reiki.html](http://www.7StarsMA.com/Metaphysicsclasses/Reiki.html)





# 50 Secrets



Of the world's



longest living



people

March 7<sup>th</sup> ~ 1:00pm



## Finger Labyrinths:

A Journey to the Center of the Self

Experience relief from the stressors of daily life and solve problems using this mindful technique.

Labyrinths can provide a unique way to gain renewed vitality and meaning in your life.

When tracing a finger labyrinth you get the impression of going on a long journey with many twists and turns, getting closer then further away before finally reaching your destination.

March 21<sup>st</sup> ~ 6:00pm



Continued from page front page:

Many people shell out thousands of dollars to work with career coaches and life coaches to help them manage their workloads and responsibilities.

But there is an alternative method that is becoming more mainstream. It's called ichigyo-zammai, a Japanese term that basically means full concentration on a single act.

This concept comes from Japanese Zen Master Sun-ryu Suzuki in his book -Beginner's Mind-. The single most important technique to improve your life and productivity

Just imagine what it must be like to start a finish one task. It seems like a foreign concept to most people who jump from washing dishes, to making lunch for the children, to checking their email, to taking the chicken out to defrost for supper, to folding laundry and never getting back to finish those dishes. This is how many people live their lives, and it's exhausting.

Life coaches will tell you that the single most effective way to increase your productivity is to one thing at a time. Tim Ferriss, author of the widely famous book, 'The Four Hour Work Week' also totes about the importance of focusing on one thing at a time to get the job done.

Here's how you can start one project and stick to it so you can be enlightened, and if nothing else, more productive.

- 1) Start your day with a to-do list that includes all of your regular chores and extras that you want to accomplish for the day.
- 2) Number them in order of importance. Imagine which ones will make you feel like you had a successful day overall if you complete them.
- 3) Determine how long it will take you to complete each task. Remember, human beings are notorious for overestimating what they can get done in a month and underestimating what they can get done in an hour. Start paying attention to how much you can accom-

Continued on page 13:



# Tai Chi Chuan

"the secret to anti-aging" it's the  
"miracle exercise" for people seeking  
to avoid drugs, surgery, and expensive  
doctor bills.

## Elmhurst

Courts Plus, 186 S. West Avenue,  
Elmhurst, IL 60126

Beginner students meet every  
Thursday 12:30-1:30pm

Continuing students meet every  
Thursday 12:30-2:00pm

classes start:  
January 11<sup>th</sup> & March 8<sup>th</sup>

Call: 630 833 5064

## Lombard

Sunset Knoll Recreation Centre  
820 S. Finley Road,  
Lombard, IL 60148

Beginner students meet every  
Tuesday 5:00-6:00pm

Continuing students meet every  
Tuesday 5:00-6:30pm

classes start:  
January 9<sup>th</sup> & March 6<sup>th</sup>

Call: 630 620 7322



## Roselle

Clauss Recreation Center  
555 W. Bryn Mawr Avenue,  
Roselle, IL 60172

Beginner students meet every  
Thursday 9:00-10:00am

Continuing students meet every  
Thursday 9:00-10:30am

classes start:  
January 11<sup>th</sup> & March 8<sup>th</sup>

Call: 630 894 4200

## Villa Park

Iowa Community Centre  
338 N. Iowa Avenue,  
Villa Park, IL 60181

Beginner students meet every  
Tuesday 2:00-3:00pm

Continuing students meet every  
Tuesday 2:00-3:30pm

classes start:  
January 9<sup>th</sup> & March 6<sup>th</sup>

Call: 630 834 8970



# A Brazilian shaman reveals the dark side of "positive thinking"

August 28, 2017 by Justin Brown

Continued from page 1:

But does it really help us to live more meaningful and fulfilling lives. Not exactly, according to this Brazilian shaman initiated in the traditions of the Amazon Rainforest. In an article originally published in the Huffington Post, Rudá Iandé reveals the dark side of positive thinking.

## **The dark side of positive thinking**

By Rudá Iandé

### **"Focus on the power of your thoughts and you will transform your reality."**

Thousands of books, workshops and self-help gurus repeat the same mantra: "change your thoughts, change your life." If only the mythical "law of attraction" worked for even half the people who tried it! We'd need a bigger Hollywood for all the positive thinking stars, thousands of new private islands for the positive thinking millionaires, and entire industries propped up by the success of positive thinking CEOs.

There wouldn't be enough resources on the planet to fulfill the dreams of a new generation of magicians in possession of "The Secret." Positive thinking is like the New Age version of believing in Santa Claus. All you have to do is make a list of what you want, imagine that it's on its way,

and then sit and wait for the universe to deliver it to your doorstep.

Positive thinking claims to give you the keys to manifest your desired future by imagining that it's already arrived. By doing that, you attract whatever you want from the universal matrix. Stay 100% positive for long enough, and your new reality will simply materialize from your thoughts. There are just two problems here: 1) it's exhausting, and 2) it's ineffective.

### **Positive thinking teaches you to ignore your true feelings**

What positive thinking actually does is teach you how to hypnotize yourself into ignoring your true feelings. It creates a kind of tunnel vision. You begin to lock your consciousness into a bubble in which you exist only as your "higher self," always smiling, full of love and happiness, magnetic and unstoppable.

Living inside this bubble might feel good in the short-term, but in time the bubble will burst. That's because every time you force yourself to be positive, negativity grows within. You can deny or repress the negative thoughts and emotions, but they don't go away.

Life is full of challenges, and facing these challenges every day triggers all kinds of thoughts and emotions, including anger, sadness and fear. Trying to avoid what you consider negative and sticking only with the

positive is a huge mistake. When you deny your true feelings, you're telling a part of yourself, "You're bad. You're shadow. You're not supposed to be here." You build a wall in the mind and your psyche becomes split.

When you draw the line between what's acceptable within yourself and what's not, 50 percent of who you are is being rejected. You're constantly running away from your shadow. It's an exhausting journey that leads to sickness, depression and anxiety.

We try so hard to be happy, and the harder we try, more frustrated we become. Frustration plus exhaustion is a formula for depression. People become frustrated because they can't meet the archetype of success they've been sold by Hollywood. They're exhausted from fighting against their real selves, and they're depressed because they're not aligned with their true nature.

## **You end up at war with yourself**

You can spend your life engaged in a civil war with yourself. The other approach is to recognize that you're a human being with every potential within, and learn to embrace the full spectrum of your humanity.

Stop dividing your thoughts and emotions into "positive" and "negative." Who decides what's positive and negative, anyway? Where do you draw the line between good and bad within yourself?

In our inner worlds, it's not always so clear. Even the most challenging emotions have an important function in life. Grief can bring compassion, anger can fuel you to overcome your limits, and insecurity can become a catalyst for growth, but only if you give them space inside of yourself. Instead of fighting against your own nature, you can use life's challenges for your progress.

People come to me full of fears that they're desperate to "heal" and "get rid of" in order to become more successful. They think of success as a kind of oasis where they can finally rest safe from the imaginary monster of failure that constantly chases after them.

But that oasis turns out to be a mirage that disappears as soon as you get close to it. My advice for these people is to do the opposite of positive thinking. I invite them to imagine the worst-case scenario, to

really explore what would happen if their deepest fears came true. When they do this, the fear stops being a monster.

They realize that even if they fail over and over, they'll be able to stand up and try again. They'll learn from their experiences. They'll become wiser and more capable of accomplishing their dreams the next time around. No longer driven by a sense of deficiency, they can enjoy life and allow their creativity to blossom. They realize that the power they were giving to their fears can be consciously used to build the reality they want.

## **Embrace the contrast of life**

I believe in the contrast in life. When you embrace the full spectrum of who you are — including the sadness, anger, insecurity and fear — all the energy you used to fight against yourself becomes available for living and creating. There's the same amount of energy in the "positive" as there is in what you call negative or shadow.

Emotions are pure life force, and you can only access the full power of your consciousness when you allow the wholeness of your emotions to come through. Yes, there will be pain, sadness and anger, just as there will be love, joy and enthusiasm. These emotions will find their natural balance, and this balance is much healthier than dividing into good and bad.

We humans are dream beings. We can accomplish many of our dreams in a lifetime, but we won't be able to achieve them all. More important than the life goals we accomplish before we reach the grave is how we're living right now.

With some consciousness and a sense of humor, we can embrace the wholeness of our being and live a life with soul. Beyond our concepts of "positive" and "negative," there is the beauty, the mystery and the magic of our true being, deserving to be honored and celebrated. It's available for each of us in this very moment.

Rudá Iandé is a shaman and life coach. He's the founder of Primal Source and works as a personal development coach for private clients and corporate teams to overcome self-limiting beliefs and harness creativity, personal power and mindfulness. This article was originally published on The Huffington Post.

# Tai Chi for Health

Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do.

Energizing and deeply relaxing; it brings a stronger immune system, better balance, health and vitality to all who practice it.

## Elmhurst

The Abbey Senior Center  
407 W. St. Charles Road,  
Elmhurst, IL 60126

Wednesday at 11:15am

classes start:  
January 10<sup>th</sup> & March 7<sup>th</sup>

Call: 630 993-8193



## Wood Dale

Wood Dale Recreation Complex,  
111 E. Foster Avenue,  
Wood Dale, IL 60191

Thursday at 11:00am

classes start:  
January 11<sup>th</sup> & March 8<sup>th</sup>

Call: 630 595 9333

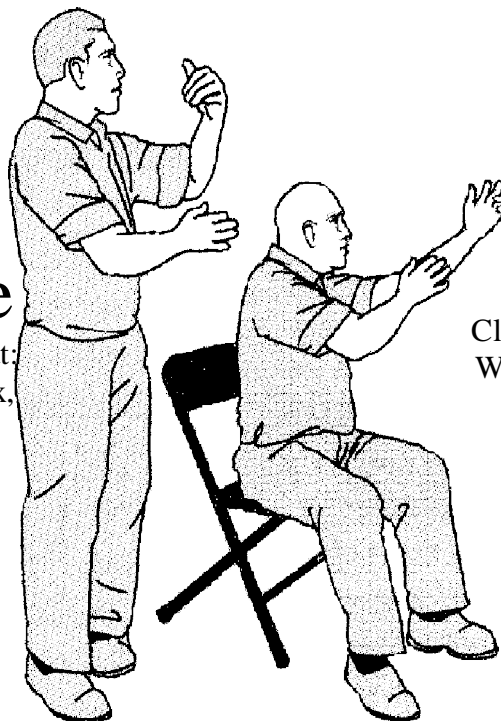
## Bloomingtondale

Classes are held in Wood Dale at:  
Wood Dale Recreation Complex,  
111 E. Foster Avenue,  
Wood Dale, IL 60191

Thursday at 11:00am

classes start:  
January 11<sup>th</sup> & March 8<sup>th</sup>

Call: 630 595 9333



## Bensenville

Classes are held in Wood Dale at:  
Wood Dale Recreation Complex,  
111 E. Foster Avenue,  
Wood Dale, IL 60191

Thursday at 11:00am

classes start:  
January 11<sup>th</sup> & March 8<sup>th</sup>

Call: 630 595 9333





Continued from page 8:

plish in shorter blocks of time and you'll be surprised by how productive you can actually be in a single day.

4) Set a timer for yourself and put away all other distractions. Sit down and commit to working on the task you have assigned yourself until the timer goes off. At first, this might be very difficult as your phone dings from across the room. Turn it off if you need to. Sure, that seems extreme in our "always on" society, but give yourself permission to get the things done that need to be done and you'll have plenty of time later for scrolling through Facebook.

5) Maintain your focus by paying attention to your thoughts. When you notice yourself start to drift into a different thought other than the one you have for completing your task, bring it back to center and remind yourself that this feeling of discomfort will last only a few moments and soon you'll be back in a natural rhythm of work.

6) As you write, clean, wash, cook, walk - whatever it is you are doing - be aware of your surroundings and how great it is to be alive in this moment. Don't think about the drudgery of having to meet a deadline, think about how great it is that you have the opportunity to work on this particular project. There is beauty in everything, even a TPS report.

When you slow down and give things the attention they deserve, you become happier in your work, your life and your perceptions over all.

Instead of focusing on how miserable you are at your job, focus on the fact that you have a job.

Instead of checking your phone for text messages during a conversation, give someone your full attention - I bet they won't even know what to do with it. We are so used to being ignored by people these days.

Put all of yourself into whatever it is you are doing and you'll find that you are more at peace, are more productive, and look forward to those moments when you can concentrate your focus on one thing at a time.

## Meridian Hand Exercises

Over several thousand years, the Chinese have developed a system of hand exercises (using acupuncture meridians) that stimulate and protect the hands and wrists from injury.

You will explore and practice 4 different activities that activate the meridian energy through the hands: finger folds, finger splits, Chinese Health Balls and Chinese Acupressure Rings. These methods not only help keep the dexterity and strength in your hands, but they also stimulate and help protect your brain from such conditions as senility, Alzheimer's etc. A great way to honor and celebrate the Chinese New Year!

Included with the workshop are a set of Chinese Health Balls, an Acupressure Ring and a Stress Grip.

CEUs available for counselors, social workers, massage therapists and occupational therapists.

February 16<sup>th</sup> ~ 7:00 - 10:00

847 842 1752



26402 Edgemon Lane,  
Barrington, IL 60010

## Energy Protection

Do you find it exhausting to  
be around stressed people?  
around negative people?  
or just around certain people?

Discover why and how energy can affect you, and learn and practice techniques to protect yourself from picking up unhealthy energy from other people.

CEUs available for counselors, social workers, massage therapists and occupational therapists.

March 11<sup>th</sup> ~ 9:00 - 2:30

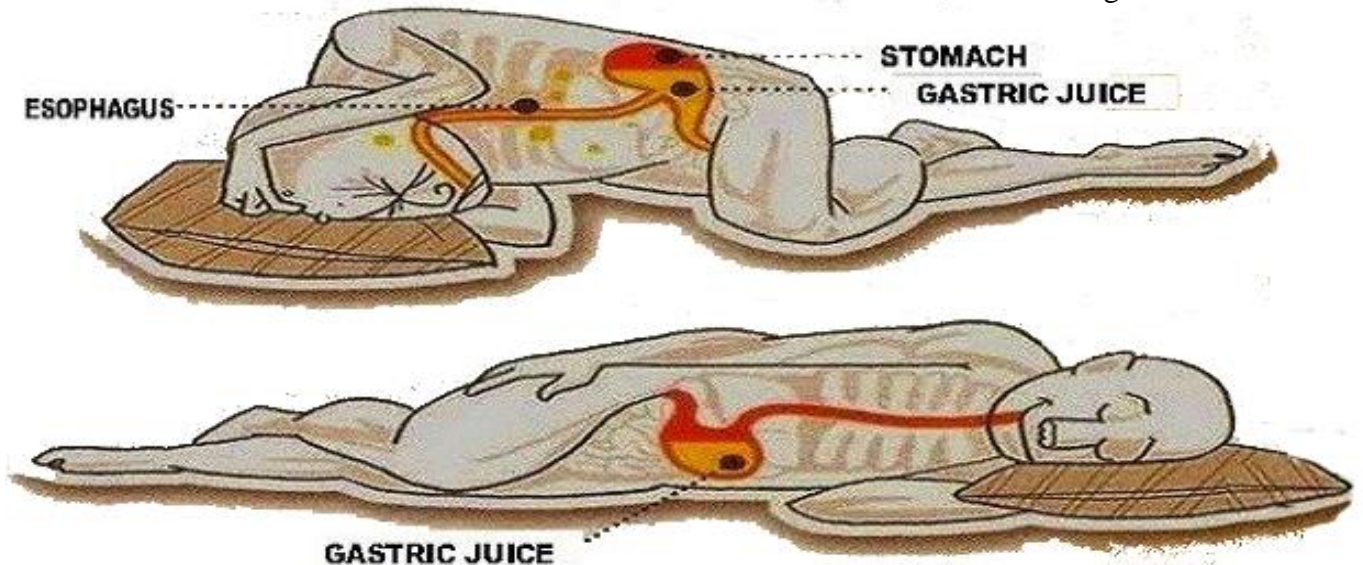
847 842 1752



26402 Edgemon Lane,  
Barrington, IL 60010

# How Sleeping on Your Left Side Affects Your Health

Source: Organic Planner



Different people sleep in different positions which they choose due to being the most comfortable one. Those who sleep on the left side, you are enjoying different health benefits. Even though you think you have found the perfect sleeping position for you, you should, if possible, try to sleep on your left side. If you are still unsure, check out the advantages of sleeping on your left side presented below.

## Why Should You Sleep on the Left Side?

### Better drainage of the lymphatic system

The main task of the lymphatic system is to expel toxins and other waste from the body. Experts believe that the lymphatic system drains into the thoracic duct which is located on the left side. This is why sleeping on the left side can be good. It will speed up the elimination of the waste. What's more, this bodily system collects protein which has escaped from cells. Sleeping on the left side can bring the proteins to their destination.

### Prevents liver congestion

If you have been sleeping on the right side, the liver can easily become congested because it is located on the right side. To prevent this, sleep on the left side so that substances and toxins can be neutralized by the liver before they are eliminated from or gathered in the liver.

### Enhanced spleen function

The spleen is part of the lymphatic system and it is

found on the left side of the body. Choosing this sleeping position will better the functioning of this organ. This is because gravity enhances the blood flow to the spleen and allows it to filter all waste.

### No nighttime heartburn

If you suffer from acid reflux or GERD, try to change your sleeping position to the left side. While in this position, the stomach is below the cardiac sphincter which connects the esophagus and the stomach. By being a left side sleeper, the contents from the stomach will not go back into the esophagus and cause reflux.

### The best pose for pregnant women

Pregnant women should definitely opt for this sleeping position, especially during the last trimester, because it will better the blood flow and protect the liver from additional weight by enabling it to work optimally.

### Good for the heart

The left side of the heart is the one which pumps blood toward the body. If you sleep on the left side, you will ease the heart's functioning even when you are asleep.

## The Importance of a Healthy Gut

IV or the ileocecal valve is where the junction of the large and small intestine is found. Sleeping on the left side will contribute to a proper removal of waste and you will also help the transfer of the waste from the small into the large intestine. This is how gravity does its job and encourages regular bowel movements.

# Desiderata

Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.

Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful. Strive to be happy.

Max Ehrmann, 1927



## T'ai Chi Sword

Classes start:

January 9<sup>th</sup> & March 6<sup>th</sup>  
Tuesday - 3:30-4:00pm

Iowa Community Center,  
338 N. Iowa Avenue,  
Villa Park, IL 60181

630 834 8970

(Previous Tai Chi experience is required)

## Gentle Tai Ji Movements for Inner & Outer Peace

Qigong and Tai Ji are ancient forms of meditative movement rooted in Taoism & Traditional Chinese Medicine. Using the mind and body to harmonize energy, these movements support physical and emotional health, reduce stress & create inner peace that is reflected outward to those around you.

**Renee Ryan**, codirector of the Lighthouse Center, has practiced the healing arts for 30 years and has studied Qigong and Tai Ji in the United States, China, and Korea.

Wednesdays, 11:45am-1:00pm  
January 10<sup>th</sup> - March 28<sup>th</sup>  
(12 sessions)

The Theosophical Society  
1926 N Main St, Wheaton, IL 60187  
630-668-1571

# Positive Psychology

## Learn to be happier!

Did you know that at Harvard, one of the most prestigious universities in the world, the most popular and successful course teaches you how to learn to be happier?

The Positive Psychology class taught by Ben Shahar attracts 1400 students per semester and 20% of Harvard graduates take this elective course. According to Ben Shahar, the class - which focuses on happiness, self-esteem and motivation - gives students the tools to succeed and face life with more joy.

This 35-year-old teacher, considered by some to be "the happiness guru", highlights in his class 14 key tips for improving the quality of our personal status and contributing to a positive life:

Tip 1. \* Thank God for everything you have: \* Write down 10 things you have in your life that give you happiness. Focus on the good things!

Tip 2. \* Practice physical activity \* Experts say exercising helps improve mood. 30 minutes of exercise is the best antidote against sadness and stress.

Tip 3. \* Breakfast: \* Some people miss breakfast for lack of time or not to get fat. Studies show that breakfast gives you energy, helps you think and perform your activities successfully.

Tip 4. \* Assertive \*: Ask what you want and say what you think. Being assertive helps improve your self-esteem. Being left and remaining silent creates sadness and hopelessness.

Tip 5. \* Spend your money on experiences...a study found that 75% of people felt happier when they invested their money in travel, courses and classes; While only the rest said they felt happier when buying things.

Tip 6. \* Face your challenges \*: Studies show that the

more you postpone something, the more anxiety and tension you generate. Write short weekly lists of tasks and complete them.

Tip 7. \* Put everywhere nice memories, phrases and photos of your loved ones \*: Fill your fridge, your computer, your desk, your room, YOUR LIFE of beautiful memories.

Tip 8. \* Always greet and be nice to other people \*: More than 100 inquiries state that just smiling changes the mood.

Tip 9. \* Wear comfortable shoes \*: If your feet hurt you, you become moody, says Dr. Keinth Wapner, President of the American Orthopedics Association.

Tip 10. \* Take care of your posture \*: Walk straight with your shoulders slightly backwards and the front view helps to maintain a good mood.

Tip 11. \* Listen to music \* (Praise God): It is proven that listening to music awakens you to sing, this will make your life happy.

Tip 12. \* What you eat has an impact on your mood \*: - Do not skip meals, eat lightly every 3 to 4 hours and keep glucose levels stable.- Avoid excess white flour and sugar.- Eat everything! Healthy- Vary your food.

Tip 13. \* Take care of yourself and feel attractive \*: 70% of people say they feel happier when they think they look good.

Tip 14. \* Fervently believe in God \*: With him nothing is impossible! Happiness is like a remote control, we lose it every time, we go crazy looking for it and many times without knowing it, we are sitting on top of it ...



# Book Review

## Ancient Therapies for a Modern World Arm Swinging Qigong by John Robertson

Finger At The Moon Publishing  
0 S 165 Church Street  
Winfield, IL, 2017, 67 pp., \$11.97

Ancient Therapies for a Modern World: Arm Swinging Qigong is a gem of a book. It is great for the lay person who has no knowledge of Qigong or advanced practitioners and teachers.

The beauty of these exercises that John aptly describes is that they are natural:

Swinging the arms is one of those natural movements that people have done since the beginning of time. Children do it; adults do it in response to the cold, to loosen their neck and shoulders and to relax. The Chinese have used it since ancient times to improve health, vitality and prolong life.

The book describes 5 different versions of arm swinging Qigong that John learned from:

- Frank Yurasek Ph.D., M. Sc., LAc.,
- Tian Rui Fang,
- Doctor Yang, Jwing-Ming,
- Master Li Feng Shan and
- Doctor Roger Jahnke OMD.

The book goes through the functions and effects and explains Chinese & Western medical terms such as yin and yang, blood, lymph, qi, the mind, lower dan tien and acupuncture points.

Included is how to practice successfully, precautions and preparation, clinical studies, student reactions from doing the arm swinging, health care applications and glossary of terminology

Why buy this book? It is a small investment to pay for a well written, researched understandable and beautifully illustrated book. And if you regularly practice the arm swinging Qigong exercises with time and patience, you may reap great health benefits.

Renee Ryan, ABT, LMT, Tai Ji & Qigong Teacher

## Members Area



The members area on our website has instructional videos of many of our classes; most including full verbal instructions.

T'ai Chi for Health section includes: The Opening Movements, 12 Points Tapping, Arm Swinging, & the T'ai Chi Qigong Shibashi.

T'ai Chi Ch'uan section includes: Opening movements, 12 Points Tapping, Arm Swinging, and one video for each section in split screen so there is a back or front and side view seen simultaneously.

T'ai Chi Express section includes: Opening movements, 12 Points Tapping, Arm Swinging, and a split screen of the 8 step form.

The Meditation section includes: The Rotation of Consciousness, The Baggage Release, The Cinema Screen, Yoga Nidra and more.

There are also videos of Silk Reeling, 100 Pace Walking, Six Healing Sounds, Acupressure Rings, plus some videos of actual classes.




### Tuition options:

Monthly online: \$10 / month

Annual online: \$100 / year  
(save \$20!)

Lifetime online: \$497

<http://7starsma.com/students/studentmembership.html>



**CNM CARE**

www.cnmcare.com  
DrEnnsmann@gmail.com

0s165 Church Street  
Winfield, IL 60190  
(630) 216-5916

**Michelle Ennsmann, DC, ND**  
Chiropractic & Naturopathic Physician



**CNM CARE**

**Cassandra Ennsmann, LMT**  
Licensed Massage Therapist

(630) 216-5916  
0s165 Church Street  
Winfield, IL 60190

www.cnmcare.com CmEnnsmann@gmail.com



**Jennifer Dexheimer, BS, LMT**  
Owner, Journey to Wellness  
Licensed Massage Therapist  
Reiki Practitioner

By appointment only:  
630-699-3452



Inside The Wellness Center at:  
721 W. Lake St, Ste 201  
Addison, IL 60101 <http://tiny.cc/journeytowellness>

# Event Calendar

[www.7StarsMA.com/SevenStarsStudents.html](http://www.7StarsMA.com/SevenStarsStudents.html)

## Chinese New Year celebration

Friday, February 16<sup>th</sup> 2018 ~ noon - 2:00pm  
Hibachi Grill in Bloomingdale, IL

## World Tai Chi Day

Saturday, April 28<sup>th</sup> ~ 9:00-11:00am  
The Theosophical Society in Wheaton, IL



## The Spring Gathering

Saturday, April 28<sup>th</sup> ~ 1:00 - 4:00pm  
The Lighthouse Center in Winfield, IL



## Quiet Reflection & Meditation retreat

Saturday, June 2<sup>nd</sup> ~ 9:00am - 5:00pm  
Relax4Life in Barrington, IL

## Destination Asia

Friday-Sunday, August 3<sup>rd</sup>-5<sup>th</sup>  
Morton Arboretum, Lisle, IL

## TheosoFEST

Saturday, September 8<sup>th</sup> ~ 10:00am - 5:00pm  
The Theosophical Society in Wheaton, IL

## World Ki Gong Club Annual Clinic

Friday - Sunday September 14-16<sup>th</sup>  
Wolf Ridge Education Center, MN

## Annual Student Dinner

Wednesday, December 5<sup>th</sup> ~ 2:00-4:00pm  
Jack & Silverado Grill in Elmhurst, IL



Watch out for flyers for all these events,  
and check our website for updates!



# Class calendar

## January

- 10 Exercise for Mental Muscle  
- Bloomingdale Park District, Bloomingdale, IL
- 21 Reiki Student class  
- The Lighthouse Center, Winfield, IL
- 27 Six healing Sounds & Chinese Health Balls  
- Relax 4 Life, Barrington, IL
- 28 The Eight Pieces of Brocade  
- The Lighthouse Center, Winfield, IL
- 28 Chinese Health Balls  
- The Lighthouse Center, Winfield, IL

## February

- 16 Chinese New Year Lunch  
- Hibachi Grill, Bloomingdale, IL
- 16 Meridian Hand Exercises  
- Relax 4 Life, Barrington, IL
- 17 Don't let stress stress you out  
- Bloomingdale Park District, Bloomingdale, IL
- 18 Reiki Practitioner class  
- The Lighthouse Center, Winfield, IL

## March

- 7 50 Secrets of the World's Longest Living People  
- Bloomingdale Park District, Bloomingdale, IL
- 11 Energy Protection  
- Relax 4 Life, Barrington, IL
- 14 Chinese Health Balls  
- Alsip Library, Alsip, IL
- 21 Walking The Finger Labyrinth  
- Bloomingdale Park District, Bloomingdale, IL
- 25 Reiki Master Class  
- The Lighthouse Center, Winfield, IL

## April

- 1 The Five Animal Frolics  
- The Lighthouse Center, Winfield, IL
- 15 Tai Chi Qigong Shibashi class  
- Relax 4 Life, Barrington, IL
- 21 Demonstration Day  
- TBA, Chicagoland, IL
- 28 World Tai Chi & Qigong Day  
- The Theosophical Society, Wheaton, IL
- 28 The Spring gathering  
- The Lighthouse Center, Winfield, IL

# Learning Lunches

## Let your employees learn while taking lunch!

Our series of Learning Lunches Seminars are designed to improve employee health and wellness while Increasing productivity, reducing absenteeism and cutting health care costs.



Our classes include:

- Tai Chi Chuan
- Tai Chi for Health
- Exercise at your Desk
- Natural Energy Healing
- The Six Healing Sounds
- Exercise for Mental Muscle
- Don't let stress stress you out
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- An Introduction to Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



Breakfast, lunch, evening and weekend sessions are all available.

Sessions can be fully customized for time, length and content.

One time and ongoing classes available.

630 229 4434 John@7StarsMA.com  
www.7StarsMA.com/Community/  
LearningLunches.html

Health and safety education in your location, at your convenience



## Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a Qigong exercise based on the philosophy of Tai Chi and extracts some of the best movements from Yang style Tai Chi Chuan and adds Qigong exercise.

It places emphasis on synchronizing the eighteen movements with proper breathing techniques.

It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing.

It can be done standing, sitting in a chair or a combination, making it suitable for all ages and abilities.



This is an ideal class for beginners.

Sunday,  
April 8<sup>th</sup>

9:00am - 2:30pm

## Six Healing Sounds & Chinese Health Balls

It is said that there is one way of drawing breath in and six ways of expelling breath out. The six ways of expelling the breath are represented by sounds which resonate with specific organs.

Practice of the Healing Sounds promotes optimal organ health, emotional balance, and helps us prevent illness. The sounds are so simple and easy to perform that they seem almost too good to be true, they work the first time, every time.

Discover the Secrets of Chinese Health Balls: why they can be so beneficial to your mind & body.

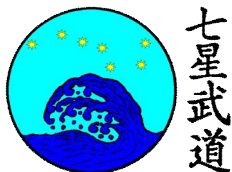
Reduce your risk of arthritis, rheumatism, dementia and more.



Saturday,  
Jan 27<sup>th</sup>

9:00am  
- 5:00pm

CEUs available for counselors, social workers, massage & occupational therapists



**Relax4Life**

26402 Edgemon Lane, Barrington, IL 60010  
To register call 847 842 1752    [www.relax4life.com](http://www.relax4life.com)

